

Food Substitution Guide

This section gives substitutions for common allergenic foods.

SUBSTITUTES FOR WHEAT

1 cup wheat flour equals:

2/3 cup oat flour	1/3 cup potato flour AND
1 1/3 cup rolled oats	5/8 cup rice flour
1 1/4 cup rye flour	1/2 cup potato flour AND
1 cup rye meal	1/2 cup rye flour
7/8 cup rice flour	
5/8 cup potato starch flour	
3/4 cup cornmeal	
3/4 cup soy flour	
1/2 cup barley flour	

NOTE: When cooking with these flours, cook at lower temperatures for longer periods of time. The end products from baking with these flours tend to be crustier and more crumbly.

For making sauces and gravies

1 Tbsp wheat flour equals:

2 tsp. quick tapioca
1/2 Tbsp quick tapioca
1/2 Tbsp arrowroot
1/2 Tbsp rice flour

EGG SUBSTITUTIONS

One egg equals:

- 1) 2 Tbsp water +
1 Tbsp oil +
2 Tbsp baking powder
- 2) 2 Tbsp water +
2 tsp baking powder
- 3) 1 Tbsp ground flax +
3 Tbsp water
- 4) 2 Tbsp liquid +
2 Tbsp flour +
1/2 Tbsp fat +
1/2 tsp baking powder

MILK SUBSTITUTIONS

To make Nut Milks:

3/4 cup raw almonds, walnuts, or sesame
3 1/2 cups water
2 Tbsp honey
1 tsp vanilla

Blend nuts or seeds at high speed in blender, until a fine meal is produced. Add water and blend until smooth. Then add honey and vanilla and blend for 30 seconds. Store in refrigerator. Yield: one quart

Note: raw honey should not be given to children under one year of age, due to chance of botulism poisoning.